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Improving Children's... Vestibular



The Vestibular system provides our sense of gravity and space, head movement and balance, motion and equilibrium. It is the unifying sensory system with a hugely important role in modifying and coordinating information received from the other sensory systems to allow us to function in the world.

Using combinations of balancing, spinning and controlled movements, the ActEi games in this book aim to improve, balance, stillness, whole body coordination, postural stability, sensory processing and more...

Innovative, fun and holistic - a fresh approach to movement education



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

E I'm Keeping And Eye On You!



6 minutes



Individually



track

Purpose: vestibular-ocular reflex integration and independence of head and eye tracking
Resources: None

HOW TO EXPLORE

- Look around and notice different objects and people in the room. Your eyes suddenly stop and stare at something. You are not to let it out of your sight!
- Now move your head up and down or round and round but the eyes are always staring, fixed, at the object or person.
- After about 20 seconds find a different object or person and carry on. Find objects on the floor, ceiling, near or far away etc.



IDEAS

Use the thumb and keep it near the eyes

Repeatedly turn the head in the same direction and then repeat in a different direction

Imagine or remember a point where you fix the eyes and then close them.



SIMON'S TIPS

Lock your eyes onto something but make sure you blink to keep the eye muscles relaxed. Relax your frown muscles and move your head in every direction you can.

Vestibular sample Game

